



## NATIONAL GUARD BUREAU

111 SOUTH GEORGE MASON DRIVE  
ARLINGTON VA 22204-1382

ARNG-HRF

4 November 2010

### MEMORANDUM FOR ALL STATE COMMAND SERGEANTS MAJOR

SUBJECT: Soldier to Soldier Peer Support and Resilience Program

1. I want to ensure you are aware of a new peer based support program called Soldier to Soldier (S2S) which is a tool you can use in conjunction with your other Risk Reduction and Resilience efforts.
2. One of the greatest resources we have for creating a helping and healing environment in our organizations is the Soldier who fills our ranks. Our Soldiers are not only on the front lines for combat operations, but they are also on the front lines for providing Soldier support during times of stress or adversity. We recognized this from a medical standpoint and the result has been a very robust Combat Lifesaver Program. These Combat Lifesavers have proven to be an invaluable part of our quick response to medical emergencies in the field. In the same way, we need a similar program for recognizing and helping Soldiers in crisis for non-medical reasons. I believe that S2S is that program.
3. Each state and territory will implement a Soldier to Soldier program in accordance with the guidelines of Appendix C in the attached Soldier to Soldier Handbook. A low cost solution to the implementation would be to use Master Resilience Trainers or Resilience Trainer Assistants as the program facilitators. States should make every effort to reduce the production costs associated with the production of the Soldier to Soldier Training material by using the Government Printing Office in Maine. S2S Handbooks and CDs can be ordered in bulk and should be kept on hand by all Facilitators so the proper resources for training will be readily available. Each program should be tailored to the unique needs and demographics of its constituents.
4. Several states have adopted peer based programs of support and S2S is modeled after the best practices from those programs. Soldiers are selected in each unit to go through specialized training which develops the following skills:
  - a. Identifying Soldiers who are stressed from issues such as broken relationships, financial difficulties, post traumatic stress, and substance abuse.
  - b. Identifying and intervening when Soldiers are at risk of suicide.
  - c. Basic listening and interviewing techniques.

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- c. Knowledge of and using appropriate resources.
  - d. Training Soldiers in communication skills, personal care, sleep management, and stress reduction.
5. I highly recommend that you implement an S2S program. The result will be a stronger force of trained and ready Soldiers on the front line in your state or territory who are ready to provide an improved level of Soldier care and crisis intervention. It will provide you with a cadre who are ready to provide an improved level of Soldier care and crisis intervention. It will give your soldiers a face in their formation that they can go to, someone they can trust to lend an ear, and help out when needed.
6. The point of contact is MSG Marshall Bradshaw, Risk Reduction and Resilience NCOIC, 703-607-9795, [marshall.bradshaw@us.army.mil](mailto:marshall.bradshaw@us.army.mil).

A handwritten signature in black ink, appearing to read 'RICHARD J. BURCH', with a large, stylized flourish extending to the right.

RICHARD J. BURCH  
CSM, ARNGUS  
9th Command Sergeant Major  
of the Army National Guard